

The Ultimate Meal Prep Solution

Weekly Newsletter

September 17, 2026



Simplify Your Morning With Make-Ahead Breakfasts

As schedules become busier in early fall, preparing breakfast ahead of time can simplify the entire morning routine.

This week's focus: No-Cook Breakfast Prep

Overnight oats are one of the easiest breakfasts to prepare.

This week's meal prep tip: Prepare Breakfast the Night Before

Simply combine ingredients in a jar and let the refrigerator do the work overnight.

Preparing breakfast in advance eliminates morning decision fatigue. Even a simple jar of overnight oats can make mornings smoother.

"Fresh ingredients bring new energy to your kitchen."

NEW BOOK RELEASE

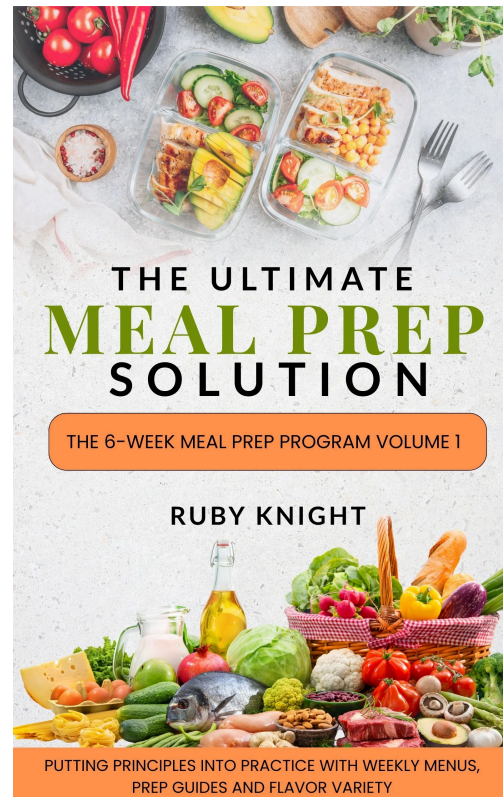
The Ultimate Meal Prep Solution: 6 Week Meal Prep Program Volume 1

The Ultimate meal Prep Solution: 6 Week Meal Prep Program Volume 1 takes the principles of sustainable meal prep and turns them into a clear, repeatable system you can actually follow. This is not a challenge, detox or rigid plan. It's a practical framework that replaces daily food decisions with structure, flexibility and confidence.

At the heart of the program are
**The Four Core Meal Prep
Methods:**

- Customizable egg muffins
- Hearty bowl-style meals
- Satisfying, well-balanced salads
- Quick, flexible wraps

These reliable formats reduce decision fatigue, support dietary flexibility and make meals easy to mix, match and repeat.



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This Week's Meal Prep Idea

Ricotta Berry Overnight Oats

1 cup rolled oats

1 cup milk

1/2 cup ricotta cheese

1 cup mix berries, fresh or frozen
(thawed)

1 tbsp honey

1 tsp vanilla

1. In a bowl combine oats, milk, ricotta, honey, and vanilla.
2. Stir well until fully combined.
3. Divide into jars and top with berries.
4. Seal jars with lids and refrigerate overnight.

Store bowls individually in the refrigerator.

Makes 4 servings.



"Seasonal ingredients inspire better meals."

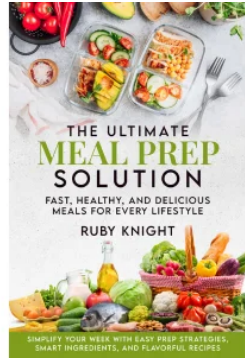
Subscriber Bonus Reminder

Don't forget to download your Free 1-Week Meal Prep Plan. It's a great way to ease into meal prep practices. It includes 5 full recipes, grocery shopping list,



meal prep schedule and dietary substitutions.

Get Your Copy Today



The Book That Started It All

If you have not ordered *The Ultimate Meal Prep Solution: Fast, Healthy, and Delicious Meals for Every Lifestyle*.

Get your copy today on Amazon!

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Visit the UMPS Website

Check out The Ultimate Meal Prep Solution website: your go-to resource for making meal prep easier, more flavorful, and more sustainable. Here you'll find weekly meal prep tips, time-saving strategies, food storage guidance, and practical advice to help you stay organized, reduce stress, and build healthy habits that fit your lifestyle.

Explore our Flavor Boosters collection featuring seasoning blends, sauces, marinades, and dressings designed to add variety and excitement to your meals. You'll also have access to the complete photo gallery from the 6-Week Meal Prep Program, allowing you to browse every recipe, gather inspiration, and see exactly what your finished meals can look like as you progress through the program.

Website

One Simple Action This Week

Prepare tomorrow's breakfast tonight.
Small habits like this can make mornings much calmer.



Best regards,
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